


FIG. 1

Parameters of the program x



Musisz podać jakiegoś dane
dł
sędziwyd
v
ad
vśdyv

Name
Jan

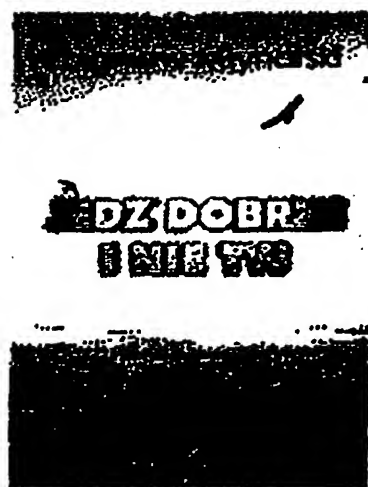
Surname
Kowalski

Friends call me:
Janek

< Back Next > Finish ☒ Cancel

FIG. 2 A

Parameters of the program x



Musisz podać jakiegoś dane
dł
sędziwyd
v
ad
vśdyv

Date of birth:
1971-01-06

Weight in kg:
60

Sex:
☐ Man
☒ Woman

Height in cm:
180

BMI:

Other:
☐ Pregnancy
☐ Breast-feeding

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FIG. 2 B

Parameters of the program [X]

Andrzej Mlynarski

Muzej podziemi i slonec
☐ podziemi
☐ slonec
☐ woda

DZ DOBR
I NIE TY

predisposition

Lifestyle

☒ sedentary
☐ intense
☐ very intense

Predisposition to obesity

☐ I have't predisposition
☒ I have predisposition
☐ I have big predispositions

< Back **Next** > Finish X Cancel

FIG. 2 C

Parameters of the program [X]

Andrzej Mlynarski

Muzej podziemi i slonec
☐ podziemi
☐ slonec
☐ woda

DZ DOBR
I NIE TY

☒ I don't practice professional sports
☐ I practice fast-strenght sports
☐ I practice endurance sports

Amount of training
 hours daily []

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FIG. 2 D

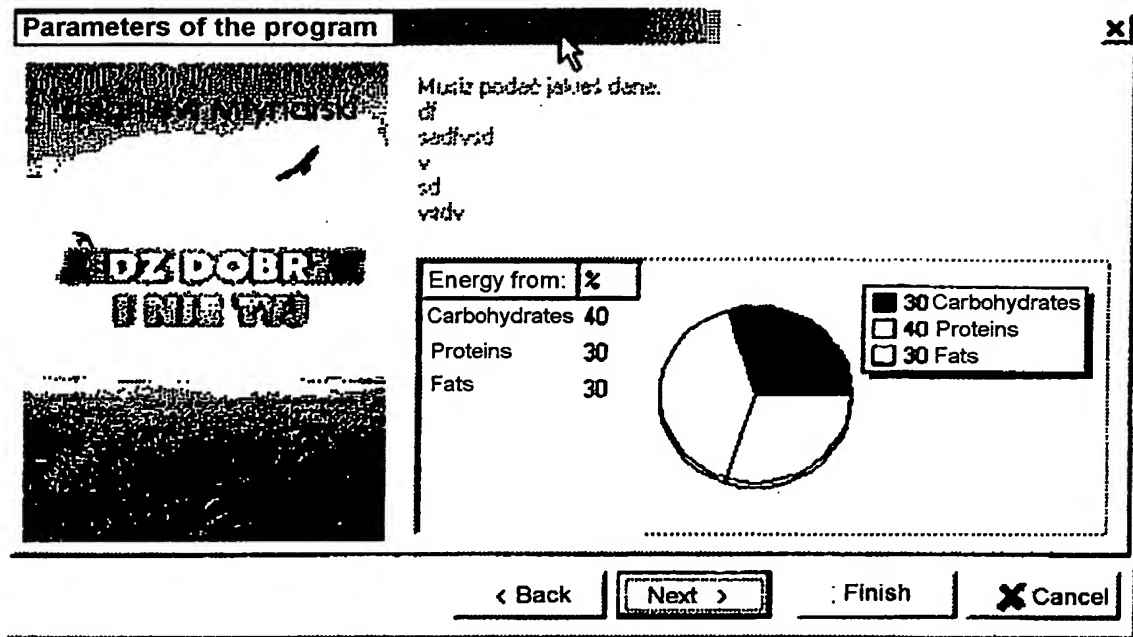


FIG. 2 E

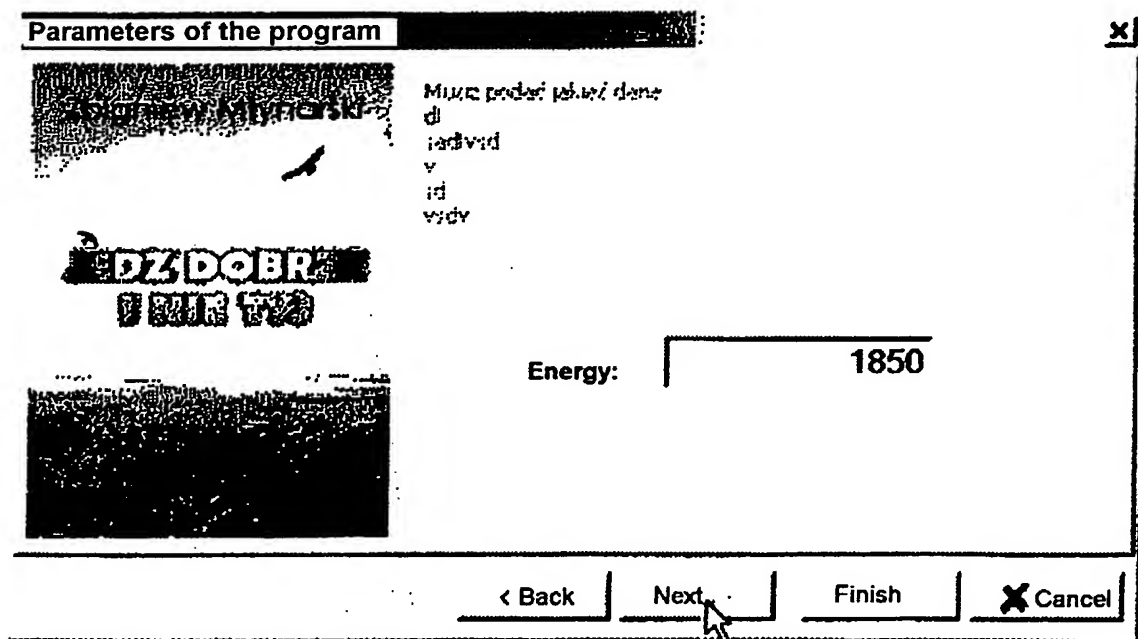


FIG. 2 F

Food Restaurants User Windows Help

Base of products

All
 Acc. to groups
 Favorite
 Working
 Acc. to contents

Remove Correct Close

Contents of meal

Composition and contents

Group: PL2-Meat, fish, poultry, eggs
 Name: Knuckle of pork, roasted
 Glycemic index: 30

Favorite portion: 1 portion (328 g)

Contents/100 g Composition of meal Additional compon.

Element	amount	units	% of stand.
Energy (kcal)	336,5	kcal	15,3
Protein	28,63	g	18,5
Fats	23,05	g	31,6
Carbohydrates	0	g	0,0
Tryptophan	0,2928	g	135,6
Threonine	1,235	g	269,9
Isoleucine	1,247	g	205,8
Leucine	1,908	g	202,5
Lysine	2,055	g	300,5
Methionine	0,6174	g	65,5
Phenylalanine	1,056	g	112,1
Valine	1,341	g	196,1

OK Anti

Analyzer 0.2

Start
 Favorite
 Clipboard - Info...
 ACDSee Classi...
 Analyzer

15:14

FIG. 3

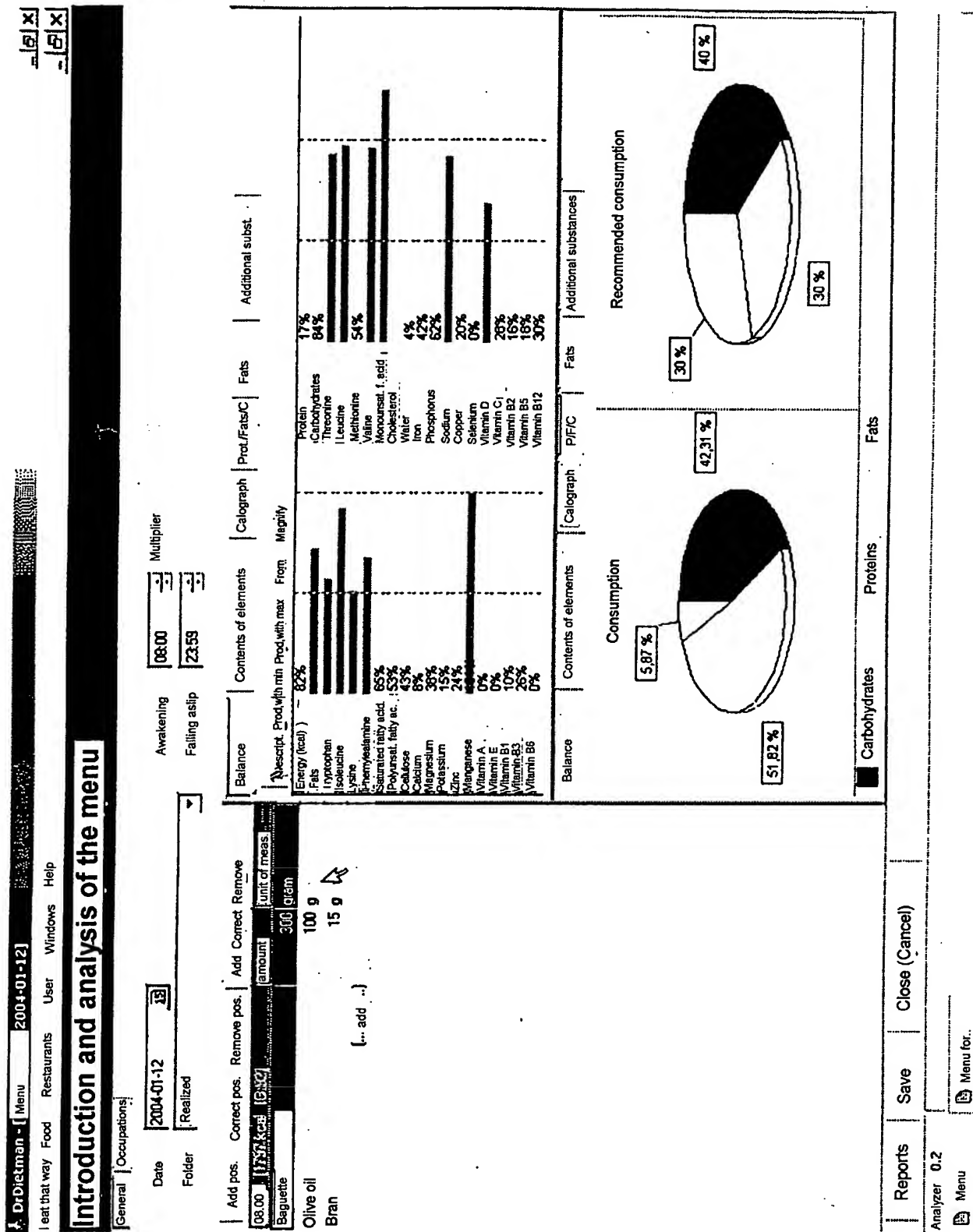


FIG. 4